

**THE FAIRFAX AREA AGENCY ON AGING PRESENTS
CAREGIVER'S CORNER ONLINE
SEPTEMBER 2006**

"Caregiver's Corner Online" is an electronic newsletter produced by the Fairfax Area Agency on Aging (AAA) with funding from the National Family Caregiver Support Program of the Older Americans Act. Our goal is to send you information to support you as a family caregiver for an older adult.

IN THIS EDITION:

1. SeniorNavigator Serving Korean Caregivers
2. Resources for Kinship Care Families
3. Great Opportunity for Caregivers to Get Free Information from Professionals
4. Previous Editions of "Caregiver's Corner Online" Newsletter

1. SENIORNAVIGATOR SERVING KOREAN CAREGIVERS. SeniorNavigator, the Virginia Web site resource for health and aging (www.SeniorNavigator.org), now offers informational articles in Korean to help Korean older adults and their caregivers. Please visit SeniorNavigator's Korean language Web page at www.SeniorNavigator.org/korean.html for more information. SeniorNavigator has partnered with the Fairfax Area Agency on Aging and the Korean Central Senior Center of Fairfax County to offer several health and aging articles in Korean.

2. RESOURCES FOR KINSHIP CARE FAMILIES. For some families, grandparents or other relatives are the custodial parents who are raising grandchildren. They are referred to most commonly as kinship care families. Nationally, about 6 million children are being raised by relatives. In Fairfax County, there are about 4,600 grandparent-headed households. The following Fairfax County resources are available to assist kinship care families:

a. New Booklet -- "The Kinship Care Resource Guide for Grandparents and Other Relatives Raising Children." This resource guide lists local services, how to access them, and eligibility requirements or cost. There is also information about assistance with health care, legal help, social services, child care, school enrollment, after-school care, mentoring, and more in the resource guide. The Fairfax County Department of Family Services, in partnership with Fairfax County Public Schools and others, is making the guide available on request to assist kinship families. To obtain a copy, please call 703-324-5870, TTY 703-222-9452.

b. Cable TV Program. Watch Fairfax County Channel 16 for a "Senior Times" feature on kinship care. Please visit www.fairfaxcounty.gov/cable/channel16/senior_times.htm for a program schedule.

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c. "Grandparents' Day Out." In August, a partnership of Fairfax County Community and Recreation Services, Fairfax County Department of Family Services, Fairfax County Office of Systems, and Fairfax County Public Schools sponsored a "Grandparents' Day Out," which provided a day of respite for kinship families. The custodial family members had a chance to do whatever they wanted for several hours on a Saturday, while organized activities were planned for the children who were cared for by county staff. Other respite days are being planned, so watch the "Golden Gazette" (www.fairfaxcounty.gov/aaa/goldengazette.htm) for more information.

d. Support Groups. For a number of families, attending a support group with other relatives raising children is a great help. Grandparents who are raising minor children usually come to this task due to some complex and heart-rending situation. There may be a divorce, illness, death, incarceration, or other issues that have caused the parents to be unable to care for their own children. Both the children and the family members are dealing with various kinds of loss and the stress that comes from forming new family units. A support group is a place to find out that you are not alone, and to find resources for the job ahead. To obtain more information about resources available to assist you if you are a relative caring for minor children, please call the Fairfax Area Agency on Aging at 703-324-7948.

3. GREAT OPPORTUNITY FOR CAREGIVERS TO GET FREE INFORMATION FROM PROFESSIONALS. The Fairfax Caregiver Seminar Consortium announces the Fall 2006 series of free talks for caregivers of older adults. Events will be held at various times and places throughout Fairfax County and are also posted on the Web site at www.fairfaxcounty.gov/aaa (look for caregiver seminars). Please call 703-324-5205, TTY 703-449-1186, to register or to request reasonable ADA accommodations.

The consortium members include the Alzheimer's Association, Alzheimer's Family Day Center, Thomas West Financial Services, Fairfax County Public Library, the Fairfax County Department of Community and Recreation Services, Fairfax County Department of Family Services, and the Fairfax County Health Department.

SEPTEMBER SEMINARS:

"When More Help is Needed with Caregiving"
Tuesday, September 19, 7:00 p.m. to 8:30 p.m.
Braddock Glen Adult Day Health Care Center
4029 Olley Lane, Fairfax
For directions only, call 703-978-0502

"Elder Care and Work: Finding the Balance"
Tuesday, September 26, 7:00 p.m. to 8:30 p.m.
Herndon Senior Center
873 Grace Street, Herndon
For directions only, call 703-464-6200

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"Focus on the Caregiver"
(Stress Management and Wellness Tips)
Wednesday, September 27, 1:00 p.m. to 2:30 p.m.
Sherwood Regional Library
2501 Sherwood Hall Lane, Alexandria

OCTOBER SEMINARS:

"Caregiving Can Be Expensive--Do You Have a Plan?"
Tuesday, October 3, 7:00 p.m. to 8:30 p.m.
Lewinsville Adult Day Health Care Center
1609 Great Falls Street, McLean (Use side entrance)
For directions only, 703-734-1718

"Is It Time to Give Up the Keys and the Credit Cards?"
Tuesday, October 10, 7:00 p.m. to 8:30 p.m.
Little River Glen Senior Center
4001 Barker Court, Fairfax
For directions only, 703-503-8710

"Navigating the Legal and Medicaid Maze of Long-Term Care"
Thursday, October 12, 12:00 noon to 1:30 p.m.
Pennino Human Services Building
12011 Government Center Parkway, Rm. 206A, Fairfax
703-324-5411

"Home Is No Longer an Option--Now What?"
Wednesday, October 18, 7:00 p.m. to 8:30 p.m.
Chantilly Regional Library
4000 Stringfellow Road, Chantilly
For directions only, call 703-502-3883

"Understanding Communication and Behavior in Alzheimer's Disease and Related Disorders"
Thursday, October 19, 10:00 a.m. to 11:30 a.m.
Alzheimer's Family Day Center
2812 Old Lee Highway, Fairfax
703-204-4664

"Legal and Financial Planning for Long-Term Care"
Wednesday, October 25, 7:00 p.m. to 8:30 p.m.
Lincolnia Senior Center
4710 N. Chambliss Street, Alexandria
For directions only, call 703-914-0223

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NOVEMBER SEMINARS:

"Humor for the Caregiver's Soul--Surviving the Holidays"
Wednesday, November 1, 10:00 a.m. to 11:30 a.m.
Alzheimer's Family Day Center
2812 Old Lee Highway, Fairfax
703-204-4664

"When Your Loved One is Anxious, Angry, or Depressed"
Thursday, November 2, 7:00 p.m. to 8:30 p.m.
Little River Glen Senior Center
4001 Barker Court, Fairfax
For directions only, 703-503-8710

"Understanding Medicare, Medi-Gap, and Medicare Part D"
Wednesday, November 8, 1:00 p.m. to 2:30 p.m.
Franconia Governmental Center
6121 Franconia Road, Alexandria
For directions only, 703-971-6262

4. PREVIOUS EDITIONS OF "CAREGIVER'S CORNER ONLINE" NEWSLETTER. Current and past editions of "Caregiver's Corner Online" are available online at www.fairfaxcounty.gov/aaa/caregivers_corner_nl.htm.

Please note that these items are included for informational purposes only and do not imply endorsement by the Fairfax Area Agency on Aging or Fairfax County Government.

For further information, please contact an Aging Information Specialist at the Fairfax Area Agency on Aging (telephone 703-324-5411, TTY 703-449-1186, or e-mail: fairfax_aaa@fairfaxcounty.gov). Visit our Web site at: www.fairfaxcounty.gov/aaa.
